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Celebrity Buzz

Madonna parades model beau

pg 18

Entertainment

U2 and crossing musical lines

pg 16

Mountie shoots, kills man in 9-1-1 response

DUNCAN An RCMP officer shot and killed a knife-wielding man in Duncan, police said yesterday.

Officers arrived at the Duncan Trailer Park shortly after 6 p.m. on Sunday in response to a hung-up 9-1-1 call. They were greeted by a 39-year-old man holding a knife.

The Mounties tried talking to the man in an attempt to de-escalate the situation, according to Cpl. Darren A. Lagan.

When that failed to calm the man down, police used a Taser without success. One of the officers then shot the man, identified as Derek Welton. He was transported to Cowichan District Hospital where he later died.

METRO VANCOUVER

Man dead after Delta shooting

FATALITY A man was shot dead in Delta last night — the latest victim of the gun violence plaguing the Lower Mainland.

According to Delta Police, officers responding to a 9-1-1 call found the body of an adult man in the 11800 block of Highway 10 shortly before 7 p.m.

He was killed as a result of gun shot wounds.

Police did not reveal his identity and more details are expected today.

METRO VANCOUVER

Riding the **Recession**

Now through the end of March, Metro will share advice on how to cut down on expenses and navigate your way through the recession.

Health

- Inexpensive exercise options that won't make you break an economic sweat, pg 15
- Josey Vogels tells you what the current economy means for online dating, pg 15

Tomorrow

- How to get best car insurance deals to drive you through the recession.

JEFF HODSON/METRO VANCOUVER

Const. Kwesi Millington leaves a federal courtroom in Vancouver yesterday after testifying in the Braidwood Inquiry into the death of Robert Dziekanski. Millington pulled the trigger on the Taser that was used on Dziekanski.

Officer's Taser account contradicted by video

JEFF HODSON
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The Mountie who Tasered Robert Dziekanski said he fired the stun gun a second time because the Polish immigrant didn't immediately fall to the ground immobilized like he had been taught.

Const. Kwesi Millington, 32, testified yesterday that he thought Dziekanski was still on his feet when he pulled the Taser's trigger a second time.

But video of the confrontation, synched to the timing of the Taser's firing, shows Dziekanski was already on the ground and, in fact, had his feet in the air when the Taser was deployed a second time.

"The Taser is used to immobilize and gain control of a combative subject," Millington said. "He was feeling some of the effects, but he wasn't immobilized like my training indicated.

"The goal was immobilization and that's why he was Tasered a second time."

In all, the Taser was used five times and for a total of 31 seconds, but Millington suggested that Dziekanski may not have been Tasered for the entire 31 seconds.

Using headphones, the Mountie isolated "clacking" noises during the video, indicating arcing electricity and a poor electrical connection — suggesting that Dziekanski may not have felt the weapon's full 50,000 volts.

According to Millington, the clacking can be heard during the third, fourth and fifth applications.

Dziekanski, 40, died Oct. 14, 2007 shortly after being Tasered and handcuffed by four RCMP officers at Vancouver International Airport. The confrontation was captured on video by a Victoria man and was broadcast around the world.

Millington, testifying yesterday at the Braidwood Inquiry into Dziekanski's death, said he fired the Taser the first time after the immigrant grabbed a stapler from a nearby desk and swung around in a "combative stance."

When questioned by commission counsel Art Vertlieb, Millington said having the stapler in the open position made it "more" of a weapon.

The Mountie said he feared for the safety of his fellow officers and deployed the weapon.

Following the second firing, the RCMP officers attempted to get Dziekanski in handcuffs, but the man was struggling and kicking and they were unable to cuff him.

At that point, Millington said his superior officer Cpl. Benjamin (Monty) Robinson told him to "hit him again."

Millington said he believed that the third Tasering "didn't have any effect" and prompted him to shed the firing cartridge and to use the weapon in the "push/stun" (pain compliance) setting on Dziekanski's shoulder.

He said the device was not in contact with Dziekanski for the entire time it was activated in push/stun.

He said he believed he Tasered Dziekanski four times and said he was surprised to learn that the device was activated five times.

Cross-examine

- Walter Kosteckyj, the lawyer representing Dziekanski's mother Zofia Cisowski, is expected to cross-examine Millington at the inquiry today.

ShareYourViews
vancouverletters@metronews.ca

Hospital bonus plan expanded

DISCHARGE A program that gives hospitals bonuses of up to $600 for treating patients faster is being expanded to four more Lower Mainland hospitals.

The Pay For Performance plan, which launched in 2007, has been given a $20-million boost.

Eric Grafstein, an emergency physician at Vancouver General Hospital, said the plan will help reduce congestion.

"It really is so much nicer for me to say to a patient, 'Hello, my name is Dr. Grafstein,' than to say, 'Hello, I'm sorry you waited so long in the emergency room,'" he said.

Patients discharged in two hours or quicker will get the hospital $100.

More severe cases discharged in four hours or quicker will also earn the hospital another $100 bonus.

And an emergency department patient who requires admission and gets a bed within 10 hours will earn the hospital $600.

Health Minister George Abbott said the program has proved to be a success.

"Innovation can help unclog bottlenecks in our public health system and is critical to improving patient access and care," Abbott said.

NDP Health Critic Adrian Dix said the timing of the announcement is to make the ruling Liberal party look good before the elections in May.

"There's nothing innovative about it," Dix said, adding that the problem is a lack of space.

"Doctors will tell you everywhere that the real problems in hospitals is there's no place to put patients," Dix said.

SAM SMITH
/FOR METRO VANCOUVER

Chosen hospitals

- Abbotsford Regional Hospital, Burnaby Hospital, Royal Columbian Hospital and Surrey Memorial Hospital were chosen for this expansion.
- Similar programs were launched in New Zealand, Australia and Great Britain.

Free Daily News Group Inc., operating as Metro Vancouver Newspapers 1190 Homer Street, Suite 250, Vancouver, B.C. V6B 2X6. Publisher: Maryse Lalonde

Cascades Casino and the Women's Poker Classic donated over $40,000 to the Canadian Breast Cancer Foundation, BC/Yukon Region.

British Columbia Lottery Corporation congratulates the winners of the 4th Annual Women's Poker Classic. Over 750 ladies dealt themselves in for a cause that is close to all of our hearts. This year's tournament was especially heart-warming – Donna Van Aert battled through 15 hours of poker play to be crowned WPC Champion – even though her recent chemotherapy made her unsure if she would have the strength to play. "It's truly a miracle. As someone suffering from cancer, it's nice to be able to help raise money to fund the research needed to find a cure." Congratulations, Donna and all of this year's players; and kudos to Cascades Casino for another tremendous tournament!

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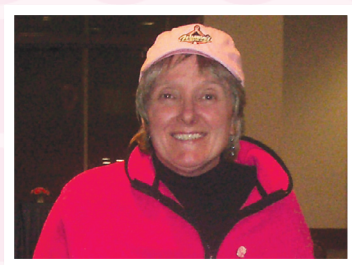

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Whistler native strikes gold
Whistler's Ashleigh McIvor took home gold in the Women's Ski Cross yesterday at the World Freestyle Championships. McIvor has three podium finishes on the World Cup circuit this season. Ski cross will make its Olympic debut at the 2010 Vancouver Games. CKNW.COM

Local

Drink beer, save the planet

Pacific Western Brewing is giving people another reason to drink beer: Helping the environment. The company announced a partnership with Trees Canada promising to plant a tree for every case sold of its new Cariboo Genuine Draft. METRO VANCOUVER

Ecologists act for a porpoise

Foundation calls aquarium's refusal to release whale unethical

KRISTEN THOMPSON
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When stranded one-month-old harbour porpoise Daisy was rushed to Vancouver's Marine Mammal Rescue Centre in August, she was given a 10 per cent chance of surviving.

Six months later, the whale is thriving — a miracle, according to staff at the Vancouver Aquarium — and one Vancouver-based ecology group is calling for Daisy to be released back into the wild.

Wright

Peter Hamilton with the Lifeforce Foundation sent a letter to Fisheries And Oceans Minister Gail Shea yesterday, arguing it's unethical to keep the animal in captivity now that she's healthy.

"If kept at the Vancouver Aquarium, she would not have the companionship of her own kind," Hamilton said.

"She survived when her chances were thought to be only 10 per cent. This shows she is strong and a good candidate for release … It's time to get her out and back to her home in the wild."

But Clint Wright, senior vice-president, operations and planning at the Vancouver Aquarium, said Daisy likely wouldn't survive in the wild.

"Missing those first few months with her mother and a group, she hasn't learned … the skill sets to look after herself," said Wright.

He said Daisy could get trapped in nets and, because she hasn't been conditioned to be wary of predators, could also endanger other porpoises. "If she'd been older, she'd have been a candidate for re-release."

Healing Daisy

- When Daisy arrived at the Marine Mammal Rescue Centre, her muscles were so badly damaged that she couldn't swim.
- Staff and volunteers built a stretcher out of pool noodles and canvas and worked to build her strength.

KRISTEN THOMPSON/METRO VANCOUVER

Daisy, a harbour porpoise, swims in her tank at the Marine Mammal Rescue Centre yesterday.

ShareYourViews
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Official talks on how to spot scams

TARYN MCELHERAN
for Metro Vancouver

FRAUD The slumping economy is giving rise to fraudsters and scammers, according to Andrew Poon of the B.C. Securities Commission.

Some people become desperate after losing their jobs and become easy targets, Poon said yesterday. He listed five common red flags people should be on the lookout for:

1. The guarantee of high returns with no risks — there is no such animal.
2. Insider information — and the need to get in now.
3. Offshore investing, tax-free — Poon said this scam is rising in popularity.
4. Profit like the experts — everybody is losing money at the moment.
5. Your friends can't be wrong, because they're already into it.

Fraudsters are using trust that influential members of a group have over the rest to lure people into a scheme.

Poon also encouraged people who've been victimized by fraudsters to report their experience to authorities.

"Just 17 per cent of Canadians report the most recent experience of attempted fraud," he said.

metronews.ca
What's online today.

Watch Military officials suspect Taliban behind deadly blast that sparked anti-Canadian outrage at **metronews.ca/canada**

Read Hollywood Rants on why The Wrestler has drawn Iranian ire.

News in brief

CORRECTION Ryan (Rusty) Coates, the snowboarder who survived an avalanche in the Centreal Kootenays, suffered a fractured ankle, fractured pelvis and internal injuries to his aorta. Metro incorrectly reported his injuries yesterday. According to his brother, Rob Coates, Rusty is an experienced backcountry snowboarder with avalanche training. He was part of a group of six when the avalanche hit.

STABBING A 20-year-old man was stabbed in his home in Burnaby Sunday night, not shot as originally announced. The man has been stabilized in hospital. He is known to police.

FIRE A body was found yesterday following a fire in an apartment building in New Westminster, CBC News Online reports. The building had been evacuated and no one else was reported hurt, police said.

METRO NEWS SERVICES

Guilty plea in McMynn case

COURTS The last person charged in the kidnapping of former University of B.C. student Graham McMynn pleaded guilty yesterday to unlawful confinement.

The 19-year-old who cannot be identified was 16 when McMynn was abducted at gunpoint while he and his girlfriend were driving to school in 2006.

The youth is set to be sentenced on May 4, and could face two years in jail.

His plea comes nearly a week after three men were sentenced to terms of eight to 13 years for their role in the kidnapping.

Anh The Nguyen was sentenced to 13 years, Jose Hernandez to 12 years and Sam Vu to eight years. Two others, Joshua Ponicappo and Van Van Vu, were acquitted. KRISTEN THOMPSON /METRO VANCOUVER

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Tickets for Tragically Hip shows in June available today

The Tragically Hip has announced a three-day tour stop in Vancouver this summer, with pre-sale tickets becoming available today. The Juno Award-winning Kingston rockers will be at the Orpheum Theatre on June 22, 23 and 24 to promote their 12th album, We Are The Same. **METRO VANCOUVER**

Two saved from house fire

JEFF HODSON
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Police are crediting a mother and son duo for saving a 95-year-old woman and her son from a potentially deadly house fire in Kitsilano.

Vancouver police Const. Jana McGuinness said officers were able to arrest the suspected arsonist thanks to the pair's "quick actions," which included putting out a burgeoning garage fire.

"Investigators feel strongly that the two residents who lived in the home could easily have perished, given that it took officers quite some time to rouse the two residents," McGuinness said.

The 64-year-old woman and her 34-year-old son were walking their dog around 5 a.m. in the 1800 block of 2nd Avenue when they smelled something burning. They found a garage on fire and doused it with puddle water using a recycling bin. The son then saw a man with a gas can and followed him until he realized the man was armed with an axe.

He called 9-1-1 and a suspect, a 44-year-old Vancouver man, was arrested near Burrard Street and West 2nd Avenue. He was carrying a knife and an axe.

A gas can was found nearby.

TARYN MCELHERAN / FOR METRO VANCOUVER

Vancouver police Const. Jana McGuinness announces the arrest of a suspected arsonist yesterday.

Special forces troops will provide security at Games

MILITARY Troops from the Canadian army's elite Joint Task Force 2 counter-terrorist unit will be assigned to help provide security at the 2010 Winter Olympic Games in Vancouver, a senior military official said yesterday.

Vice-Admiral Dean McFadden's statement came as something of a surprise. The military does not usually comment on the deployment of the JTF2, which is the most important part of its so-called Special Operations Forces.

Asked by Parliament's defence committee whether JTF2 members would be at the Games, McFadden replied: "Special Operations Forces will be assigned to support the operation of the Vancouver Olympics."

Some of the troops will back the RCMP, who are responsible for overall security, while others will be placed on standby, he said, but declined to specify how many would be involved.

In addition to the troops, protection at the Olympics will be provided by 7,000 police officers from around the country and 4,000 private security personnel at a cost of about $900 million. **REUTERS**

Threat level

- Police security planners say the threat level for the Vancouver Olympics is considered low, but the budget and security plans assume a medium threat level.

VANCOUVER 2010 Games

News in brief

CONTEST Premier Gordon Campbell urged people yesterday to vote for Terrace, B.C., to be Canada's next Hockeyville. The Northern B.C. town is a finalist in the annual CBC Sports competition.

MEDIA Smaller TV stations in B.C. are likely to be among the first casualties of the global economic meltdown, Fred Fletcher, a visiting professor at the UBC School of Journalism told CBC Radio. Media giant Canwest Global is on the edge of bankruptcy and must refinance $3.9 billion in debt by March 11 and CTVglobemedia is cutting jobs. **METRO NEWS SERVICES**

Province to limit payday lenders

DOMINIQUE ARMAND
for Metro Vancouver

Payday loan companies will be limited to charging 23 per cent interest on short-term loans, after the B.C. government announced new legislation yesterday. The new rules will take effect on Nov. 1.

Solicitor general John van Dongen said some people in B.C. use payday lenders from time to time.

"The real cost of these short-term loans can be extremely high for borrowers when fees are added in and they can have trouble paying the loan off by the due date," van Dongen said. "We're regulating the industry to ensure that these loans are being administered fairly and appropriately."

> **"The real cost of these short-term loans can be extremely high for borrowers."**
> John van Dongen

Some of the key regulatory changes include:

- Payday lenders must display posters and signs with their rates and fees.
- Borrowers will have the right to cancel the loan by the end of the following day, without paying any charges.
- Payday lenders will not be able to issue more than one loan to a borrower at a time, and rolling the loan into another with new charges attached will also be prohibited.
- Payday lenders will not be able to issue a loan for more than 50 per cent of the borrower's next paycheque.

RCMP seek to identify victim

CRIME Police are asking for the public's help in identifying a man who was found shot in a Surrey home on Friday.

The victim, who was shot in the head, was taken to hospital where he remains in critical condition.

"The Surrey RCMP have been unable to identify the victim through conventional means and are now seeking the public's assistance," said Cpl. Kirk Duncan.

The victim is described as Native or East Indian in his 20s, with several distinct tattoos on his arms. **METRO VANCOUVER**

SUBMITTED PHOTO / RCMP

Police are trying to identify a man, who was shot in Surrey, with the above tattoo.

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Journalist called to court over sponsorship scandal

A journalist who helped expose the federal sponsorship scandal says he'd rather face jail time than reveal his source in court. Globe and Mail reporter Daniel Leblanc has been ordered to face questions in Quebec's Superior Court about the identity of his source. **CBC NEWS ONLINE**

Canada

Canadians among YouTube winners

YouTube announced yesterday the winners of the world's first online collaborative orchestra, the YouTube Symphony Orchestra, which include five Canadians. The musicians will travel from around the world to New York City to participate in a collaborative summit for classical music April 12 to 15, concluding with a concert at Carnegie Hall.

METRO NEWS SERVICES

Prentice seeks fuel standard

POLITICS Environment Minister Jim Prentice said yesterday Canada aspires to be part of a stringent North American standard on fuel efficiency for the continent's heavily integrated auto industry.

"At this point in the United States, it would appear as though they are headed toward a 35-mile-a-gallon standard by 2020, and that would start to come into effect in the 2011 model year," Prentice said. **REUTERS**

News in brief

REPORT A report from Newfoundland and Labrador's breast cancer inquiry will be released today, a day later than originally planned due to an electronic error. The report examines how almost 400 breast cancer patients received the wrong results from important lab tests. **CBC NEWS ONLINE**

Resolute Bay **Brits measure melting**

MARTIN HARTLEY/REUTERS

Left to right, British scientists Pen Hadow, Martin Hartley and Ann Daniels pose before starting their Catlin Arctic Survey polar expedition at Resolute Bay in this February photo. The expedition, which started on Saturday, is gauging exactly how fast Arctic ice sheets are melting.

Police arrest suspects in millionaire's murder case

CRIME After 21 months, a 50,000 reward and "all the resources of the Toronto Police Service," an arrest has been made in the death of millionaire philanthropist Glen Davis.

Davis, 66, was killed in the spring of 2007, shot to death in a parking lot on Toronto's Eglinton Avenue.

Police were tight-lipped about almost all other details regarding this mysterious case, which shocked the city.

Davis was an eccentric man who rode the subway despite his fortune.

TORSTAR NEWS SERVICE

Trial 'hijacked' by veil issue: Lawyers

The issue of whether a Muslim woman can wear her niqab while testifying has "hijacked" the sexual assault trial of the two defendants, argue lawyers involved in the criminal proceedings.

Adam Weisberg, who represents one of the accused men, threatened to try to have the charges tossed because of unreasonable delay, and suggested the woman's request to wear the veil should be dismissed immediately.

The issue has landed in the lap of Ontario Superior Court Justice Frank Marrocco, who yesterday decided he will deal with the potentially precedent-setting matter on March 13.

Before agreeing to hear the matter next Friday, Marrocco waded through the history of the case, which began in June 2007 when Toronto police arrested the men and charged them with sexual assault.

Last September, during a preliminary hearing in the Ontario Court of Justice, the woman told Justice Norris Weisman she did not want to remove her niqab when testifying. Defence lawyers for the accused men objected.

After hearing her explanation, Weisman ruled he did not find her religious belief "that strong" and ordered her to remove the veil when she was in the witness box.

TORSTAR NEWS SERVICE

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4711 Kingsway
7531 Market Crossing
111 - 3823 Henning Dr.
204B - 3430 Brighton Ave.

Chilliwack
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11 - 45905 Yale Rd.
7544B Vedder Rd.

Cloverdale
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Breastfeeding linked to reduced risk of SIDS

Women who breastfeed lower the chances that their baby might die of sudden infant death syndrome, or SIDS, according to a German study. Researchers said they believe that based on their findings, women should be encouraged to breastfeed their infants for six months to reduce SIDS risk. REUTERS

World

Dalai Lama's young successor?

The Karmapa Lama is a 23-year-old "living Buddha" and the possible successor to the Dalai Lama who may bridge the gap between Tibet's elder leaders and both an alienated Tibetan youth and a suspicious China. This year there is speculation the 73-year-old Dalai Lama could pave the way for someone else to take his place, and it is the Karmapa, mixing youth, intellect and charisma, who is most talked about. REUTERS

'Waterboarding' condemned as torture

U.S. attorney general Eric Holder ruled out the use of "waterboarding" as an interrogation technique for terrorism suspects yesterday, calling it a form of torture that the Obama administration could never condone.

Holder's declaration underscored U.S. President Barack Obama's break with the former Bush administration's anti-terrorist policies, which were condemned by human-rights groups, civil liberties advocates and U.S. allies abroad.

"Waterboarding is torture ... My Justice Department will not justify it, will not rationalize it and will not condone it," Holder, who his heading a review of the treatment of terrorism suspects, said in a speech in Washington.

"My Justice Department will not justify (waterboarding), will not rationalize it and will not condone it."
U.S. attorney general Eric Holder

"We cannot ask other nations to stand by us in the pursuit of justice if we are not viewed as being in pursuit of that ideal ourselves," he said.

One of the most widely condemned Bush administration practices was waterboarding, a form of simulated drowning, which the CIA acknowledged using on three terrorism suspects before it said it stopped in 2003.

Obama has ordered that government agencies must abide by interrogation limitations in the Army Field Manual, which bans waterboarding.

But he also asked for a review of detention and interrogations practices, which some human rights critics said left open the possibility that some forms of harsh interrogations could be later approved. REUTERS

Afghan children not killed by Canadian shell: Military

ARMY Three Afghan children who died when a shell blew up last week had most likely been handling a Taliban bomb and not a Canadian shell as first suspected, Canada's army said yesterday.

Local villagers blamed last Monday's fatal blast on a shell left behind after Canadian troops carried out an artillery firing practice on a range near the southern city of Kandahar.

The Canadian military said a thorough investigation showed the children had died after they brought back the device to their village.

"The Canadian forces are not responsible for the deaths and injures to these children, in stark contrast perhaps to the initial reports and speculation," Brig.-Gen. Jon Vance said in Kandahar.

"The most likely cause of this explosion was an anti-personnel IED (improvised explosive device)."
Brig.-Gen. Jon Vance

"The most likely cause of this explosion was an anti-personnel IED (improvised explosive device), based on all of the factors at the scene," he said. REUTERS

News in brief

BANGLADESH Tens of thousands of Bangladeshis attended a state funeral yesterday for dozens of army officers killed in a mutiny last week, as a think-tank warned there was still a significant risk of conflict in the country.

WAR Sri Lanka's military yesterday destroyed 10 Tamil Tiger boats that launched an assault on troops battling to further seal the separatist rebels into a rapidly shrinking box of land, the military said. REUTERS

Britain **Solo sailor celebrates**

ANDREW PARSONS/REUTERS

British yachtswoman Dee Caffari waves flares as she passes under the Tower Bridge in her boat Aviva on the River Thames in London yesterday. Caffari is the first woman to sail solo non-stop around the world in both directions.

Gunmen attack Sri Lankan cricket team in Pakistan

INJURIES Six members of the Sri Lankan cricket squad were wounded when around a dozen gunmen attacked their bus as it drove under police escort last night to a stadium in the Pakistani city of Lahore, witnesses and officials said.

Lahore police Chief Habib-ur-Rehman said five people were killed in the attack by the gunmen, who fired AK-47s and rockets and hurled grenades as the team bus drove to a 60,000-seater stadium in the eastern city.

Sri Lanka's sports minister said five players and an assistant coach were wounded.

The attack had echoes of a strike on the Indian city of Mumbai in November which led to the Indian cricket team cancelling its planned tour of Pakistan.

Sri Lanka, which had been invited to Pakistan after India pulled out, immediately cancelled the rest of the tour. REUTERS

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Donors want $3B in Gaza aid to bypass Hamas rulers

MIDDLE EAST International donors pledged more than $3 billion US yesterday to help the Palestinian economy and rebuild Gaza after Israel's three-week offensive, insisting their funds bypass the territory's Hamas rulers.

Gulf Arab states, the United States and the European Commission made significant pledges, while others including Turkey, Italy and Germany also announced contributions.

But the United Nations and aid agencies said rebuilding the coastal enclave was a daunting task so long as border crossings with battered Gaza remained closed.

"The situation at the border crossings is intolerable," UN secretary general Ban Ki-moon told donors. "Our first and indispensable goal, therefore, is open crossings."

Israel says it supports efforts to help Palestinians in the strip, but wants assurances the aid money would not reach Hamas militants. REUTERS

Bidder won't pay for looted goods

CHRISTIE'S A Chinese art collector identified himself yesterday as the winning bidder in last week's Paris auction for two sculptures looted from Beijing in the 1800s but said that, as a patriot, he had no intention of paying. The items were sold for 15 million euros ($24 million) each. REUTERS

Opportunity knocks
Are you passionate about telling stories from the Second World War? TB Vets is recruiting writers, photographers, web designers, podcasters and more for its Founding Memories Project. Email melinda@tbvets.org for more. For this opportunity and others like it, visit govolunteer.ca. **METRO NEWS SERVICES**

Community Spirit

SPECIAL FEATURES EDITOR: STEPHANIE.BOMBA@METRONEWS.CA

Site launches youth action

ANDREA WOO
for Metro Canada

A micro-blogging site is to credit for uniting a group of big-hearted Vancouverites who donated clothing, food and even blood to the needy and put into action a continuing spree of volunteerism.

Janice Laing and Yam de la Pena — friends on Twitter who had never met in person — were messaging in mid-December when the two decided to meet for a drink the following day. Realizing the city was being pummelled by snow, de la Pena decided to switch up the plans.

"I'm going to look through my closet for warm clothes and hand them out," he said to Laing, who agreed to do the same.

In the hours leading up to the meet-up — which Laing dubbed the Vancouver TweetupHeatup — other tweeters started listening in on the plans and by the next day, there were about a dozen people gathered at the corner of Cambie and Pender streets with bags of clothing and food in hand.

> **"It was amazing to see the looks on people's faces."**
> Janice Laing

"We started walking and immediately, within feet, a man came up to us and asked what we were doing," said Laing. "He was obviously cold, so we started outfitting him with some clothing. We'd walk a couple more feet and it'd happen again. It got to the point where we were just asking people (if they needed clothing)."

When the group ran out of clothing, they ducked into an Army & Navy to buy more. At one point, an impromptu snowball fight broke out between the group and a homeless man.

"It was amazing to see the looks on people's faces," said Laing. "One man started crying and then I started crying ... because he was saying how his life wasn't always like this."

SUBMITTED PHOTO

Janice Laing and Yam de la Pena used Twitter to round up volunteers to distribute clothing in Vancouver's Downtown Eastside.

Sebastian Albrecht, a local realtor, saw the TweetupHeatup posting but was unable to attend. Still wanting to contribute, he proposed a Tweetup-Bleedup — a call for blood donors — the next day.

"Seeing what they did inspired me to try something along the same vein," he said.

Despite short notice, an impending snowstorm and Christmas rapidly approaching, a total of five people turned out.

"Considering the conditions, I was pleased with the turnout," said Albrecht. "I'm hoping to make this a regular event — only every 56 days as that's the Red Cross limit for giving blood — and hopefully we'll see more people in the future.

Laing and de la Pena plan on making their tweetups for a cause a regular event as well.

For more information, search Twitter for #tweetupheatup and #tweetupbleedup.

Sector adopts code of volunteer involvement

The volunteer sector has its own version of the Hippocratic Oath when it comes to standards of behaviour. The Canadian Code of Volunteer Involvement outlines three main elements:

- **Values.** Volunteer involvement benefits the volunteer, the organization and society.
- **Guiding principles.** Volunteers have both rights and responsibilities.
- **Organizational standards.** Organizations should consider 12 standards when developing or reviewing volunteer involvement. These range from program administration to recognition.

A downloadable copy of the code can be found at volunteer.ca. **— EVA LAM /FOR METRO CANADA**

BREW SOME GOOD WEEK

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Comment & Views

Comment

Harper's deep-blue funk

NationalReport

What is irking the prime minister these days? It looks like he's back in confrontation mode, one of his deep-blue funks.

How about his plan to distribute $3 billion in stimulus funds from behind closed doors? Either accept it, he tells opposition leaders, or we'll have another election. The ultimatum came at the same time his information commissioner, Robert Marleau, released a report denouncing the government's habitual secrecy. Well, Marleau, the PM so much as said, you can get stuffed, too, just like the opposition.

We have the news also that Harper's war-room staff are reviewing hours of tape of Liberal Leader Michael Ignatieff to find material for some cheap attack ads. In a show of civility, the PM had refrained from doing this. But now he's going back into the gutter. Attack ads never used to be used between election campaigns in Canada. Harper started the practice against Stephane Dion, and now Iggy had better beware. This prime minister will go as low as it takes.

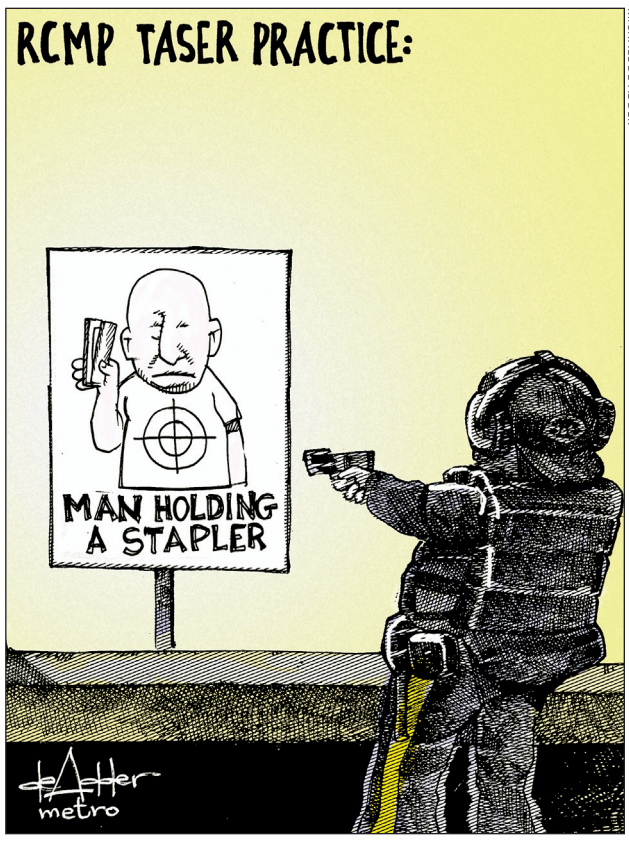
On the foreign front, the Conservatives have suddenly turned cold warriors. They tried to get a great ruckus going with Moscow, announcing that Russian planes got close to Canadian air space near the time of Barack Obama's visit. The Russians do these fly-bys as a matter of routine. The story was one of the great yawners of the winter. But the PM likely figured some suckers in the media would take it seriously and portray him as a tough guy standing up for Canadian sovereignty against the evil reds.

Then he took on Iran, using vile words to denounce the regime. It was a little late — about two years behind everyone else — to get in on this story. But with the big liberal winds rushing across the continent, Harper needs to shore up his right-wing base. Russia and Iran will do, along with more deification of Israel thrown in for good measure.

Things are uppity in Ottawa. The PM's office is reportedly beside itself over reports that the Governor-General received an invitation to visit Barack Obama in Washington while the prime minister did not. Unnamed sources — we can guess from where — are saying that no, she didn't. The Governor General's office is saying that yes, she did.

Harper took a lot of hits over the winter and now clearly wants to show he is back in command. But when he gets in these kinds of zones, things can get ugly. He wasn't exactly cut out for minority governments and he's starting to run this one like he did the last. Like he won a landslide.

Lawrence Martin is a Globe and Mail correspondent and author who writes about national affairs from Ottawa.



MICHAEL DE ADDER

Views

Volunteering a functional approach to violence

InStep

I once remarked in jest that banning knives would be the next proposal, followed by a scissors ban, a hammer ban and a ban on anything else that could potentially be used as a murder weapon. I was commenting about the political drives for gun bans. Well, Edmonton Mayor Stephen Mandel is actually thinking about a ban on the sale of large knives following a recent rash of stabbings. It's another knee-jerk reaction by a politician trying to create the illusion to their voting bloc that they are steadfast defenders of public safety.

Political posturing is part of our own creation as we rely on a government fix-all approach to our collective woes — from the economy to the social maladies plaguing our communities. And our politicians recognize that silence is never golden in the microcosm of political life, particularly when there is an urgent public outcry on any matter.

In Vancouver, there have been seven brazen shootings in February alone as B.C. continues to grapple with surging gang-related crime, causing a frenzied fear among many citizens. In response, Ottawa unveiled anti-gang legislation which guarantees an automatic first-degree murder charge for any homicide linked to organized crime.

Time will tell how effective this bill will prove to be at reducing violence. In the meantime, there is a practical component that both government and citizens can work on together: Building mentorship programs, supported heavily by volunteerism.

It's time for government to implement ... investing in volunteerism to help improve our communities.

With National Volunteer Week coming up soon, consider the facts: In Canada, approximately 12 million volunteers contribute $112 billion in economic revenue, a bigger contribution to the country's GDP than the manufacturing sector, with its two million paid employees. In fact, volunteerism is saving jobs by keeping many social service and health agencies afloat.

Vulnerable youth recruited into gang life have shown some remarkable turnarounds when integrated into mentorship programs in which volunteers are vital. But it costs money to recruit, train and promote volunteers. In tough economic times, crime and violence escalate, and there is extra need for funding to social services, which unfortunately get starved as governments gear stimulus packages toward the corporate sector.

It's time for government to implement a sustainable, common-sense approach to both crime and stimulating the economy by investing in volunteerism to help improve our communities.

Christine Williams is the producer and host of the live current affairs daily talk show On the Line at CTS TV in Burlington, Ont.

Letters

Guns don't commit crimes, criminals do

Re: The allure of fake guns spells trouble (Feb. 27)

When I was a kid years and years ago, I had toy guns that looked real. As I got older, I bought real guns. Now my wife, my son and I own real guns and, guess what? We don't go around robbing people.

The fact of the matter is, some Canadians nowadays are a bunch of shrill scaredy-cat losers, at least those that squeal for a ban every time a criminal commits a crime — be it with a toy gun or a shot gun.

Well how about a ban on criminals, or how about letting those of us with at least a bit of a sense of self preservation and the knowledge that we can defend ourselves do just that.

BILL MURPHY, EDMONTON

ShareYourViews
vancouverletters@metronews.ca

Worth mentioning

Dutch getting in touch with God

ART God is taking calls.

Dutch artist Johan van der Dong has set up a local telephone number in the Netherlands, where he urges people to leave messages for God on his answering machine.

Van der Dong said he set up the number to give people an opportunity to take pause and contemplate life.

"Like praying, leaving a voicemail message is a way to organize your thoughts," he said. "It's a perfect combination for some contemplation."

Callers dialing 06-4424-4901 (or +316-4424-4901 if calling from outside the Netherlands) from March 7 will hear the following: "Hi, you are speaking to God. I'm not in right now, so leave a message after the beep." **REUTERS**

It's your turn to tell others what you think. Email your thoughts and opinions to: vancouverletters@metronews.ca
Letters must include sender's full name, address and phone number – street name and phone numbers will NOT be published. We reserve the right to edit letters.

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Intel, TSMC team up to develop Atom-based technology
Intel Corp. and TSMC have agreed to team up to develop and make the low-cost Atom chip for use in a swathe of consumer electronics devices, expanding its use beyond netbooks, as the chip makers target new markets in a deepening recession. **REUTERS**

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EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Economy spirals downward

The Bank of Canada is poised to cut its overnight rate in half today as it attempts to pull the Canadian economy out of a downward spiral.

The rate cut comes one day after a dismal GDP report that proves the economy landed with a thud in the final three months of last year. Gross domestic product fell by 3.4 per cent, according to Statistics Canada. The decline officially marks the economy sliding into its first full-blown recession since 1991.

"It's like the opening shot."
Doug Porter, BMO Capital Markets

The severity of the drop does not reveal how much worse the economy is likely to get, or how long the slump will last. "It's like the opening shot, really," said Doug Porter, deputy chief economist at BMO Capital Markets. Economists say the first quarter of this year is likely to be worse.

The GDP report sent stocks in Toronto plunging to levels not seen in more then five years. The S&P/TSX composite index dropped 435.51 points to 7,687.51, its lowest point since the fall of 2003.

However, Canada was better off than other industrialized nations. The U.S. economy shrank by 6.2 per cent, Europe was down roughly six per cent and Japan was down 12.7 per cent. **TORSTAR NEWS SERVICE**

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New bailout as AIG posts record loss

INSURANCE American International Group Inc. posted a record $61.7-billion US quarterly loss yesterday and got a new, but not necessarily final, government bailout after officials concluded again that letting the insurer fail would threaten the world financial system.

AIG will get access to up to $30 billion of new capital after getting a commitment for $150 billion in aid last year that gave the government a stake of nearly 80 per cent.

The latest bailout avoids, for now, any crippling credit rating downgrades that could force AIG to come up with billions of dollars it might not have.

The new rescue agreement strengthens the government's commitment to keeping AIG on life support.

The deal was announced just three days after the government announced a new bailout for Citigroup Inc., which like AIG has struggled to sell businesses and raise cash to pay back bailout funds. **REUTERS**

Real estate **New settlement**

AMMAR AWAD/REUTERS

A sign advertising apartments for sale is displayed at a construction site in the West Bank Jewish settlement of Maale Adumim near Jerusalem yesterday. Israeli authorities have made plans for 73,000 new housing units in Jewish settlements in the occupied West Bank, though only a fraction of the proposals has been approved, an anti-settlement group said.

HSBC in $23B rights issue

BANKING HSBC launched Britain's biggest rights issue, raising £12.85 billion ($23.17 billion) yesterday to help it overcome big losses in the United States and exploit the woes of weaker rivals.

Europe's biggest bank said it would shut most of its U.S. consumer lending business, cutting 6,100 jobs, but that it was ready for acquisitions in its traditional stronghold of Asia, where many banks are pulling out to focus on core markets. **REUTERS**

Nortel sees losses double

WRITEDOWNS Ailing telecom equipment-maker Nortel Networks Corp., now operating in bankruptcy protection, said yesterday its quarterly loss more than doubled as it booked over $2 billion US in non-cash writedowns and saw its sales plunge.

Nortel, North America's biggest maker of telephone equipment, said it lost $2.14 billion, or $4.28 a share, in the three months ended Dec 31. That was worse than the loss of $844 million, or $1.70 a share, a year earlier.

The Toronto-based company said revenue dropped 15 per cent to $2.72 billion.

Nortel said its results included a $1.24-billion goodwill writedown, as well as a writedown of $951 million to reduce its deferred tax asset.

It also booked $97 million in charges related to its restructuring. Last week it announced another 3,200 job cuts around the world.

The company said that for all of 2008 it lost $5.8 billion, compared with $957 million in losses in 2007. **REUTERS**

In **brief**

SPENDING U.S. consumer spending rebounded in January, snapping six months of declines, and incomes rose unexpectedly, boosted by government salary increases for employees, a report showed yesterday. **REUTERS**

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On guard against fraud

SmartCookies

smartcookies.com

One of the least exciting purchases made by a Smart Cookie would have to be a paper shredder. However, it could also be said to be one of the smartest.

Sandra decided a shredder was a necessity after her mail went missing, her credit card was stolen and a note popped up in her apartment building elevator warning residents of identity theft. Thankfully, she didn't have to deal with identity theft, but the thought of having someone steal her personal information and using it to commit fraud, potentially destroying her credit score and costing her time and money to correct the fraud and rebuild her financial picture, was enough for her (and the rest of us) to implement these Smart Cookie procedures.

It's no secret that we like to price compare and purchase online, so if you're purchasing an item online, make sure that the site is secure. The address should have the prefix "https" and show a padlock.

It's advised that online passwords (or any password that protects financial information) be switched up every few months. But we think as long as you are selecting a tight password (translation, don't use your birthday or your partner's pet name), then you should be OK. You should, however, use different passwords for your credit card and banking info. That way, for example, your banking info will be protected if for some reason someone had your credit card pin.

If you happen to be shopping in-store, shield the debit machine while entering your code. Yes, be that person! It's better to protective than footloose and fancy free when it comes to your cards and your pin numbers.

Also, clean out your wallet so that only the personal information and credit cards you actually need and use regularly are kept with you. Otherwise, keep the important cards with the important numbers at home in a safe place.

At least once a year, it is also good idea to get a copy of your credit report. If you mail in your application you can receive your score for free. That way you can see if there have been any inaccuracies within the past year that you may have missed. Check out smartcookies.com for the application and more on obtaining your credit score.

And if you have bills mailed to you, keep track of when your bills and bank statements arrive (they should arrive around the same time every month.) If they are late, check with the companies immediately to find out the reason for the delay. And never throw your documents into the recycle bin. Rip or shred the documents that contain personal information. If you don't have a shredder, perhaps it's time to add this to the 'oh so boring but necessary' shopping list.

Fraud Prevention Month

Tune in Monday nights at 10:30 p.m. EST/PST on the W Network and be sure to visit smartcookies.com for more tips.

Tax credit vs. tax deduction

MoneyMatters

Henry Choo Chong
choochonghcga@yahoo.ca

Q This tax year would be my first full year of employment since graduation. My tuition and education deductions carried from past years are slightly greater than my total employment income. Technically, I should have no income after deductions. However, my accountant disagrees and says I will not get all my taxes back. Why?
— Masoud

A Don't we all love this time of year! It's important to distinguish between a tax credit and tax deductions: They will not impact your taxes the same.

Income taxes payable are calculated based on taxable income. Taxable income is determined by adding all sources of income, less tax deductions. Non-refundable tax credits reduce income taxes payable at the lowest marginal tax rate (with the exception of charitable donations) while tax deductions reduce taxable income.

Non-refundable tax credits would include such items as education and tuition amounts, medical expenses, public transit credit, employment credit, children's fitness credit, etc.

Tax deductions include RRSPs, childcare expenses, business losses, rental losses, capital losses etc.

Reach Henry Choo Chong, CGA, at choochonghcga@yahoo.ca.

Investing

Allan Small

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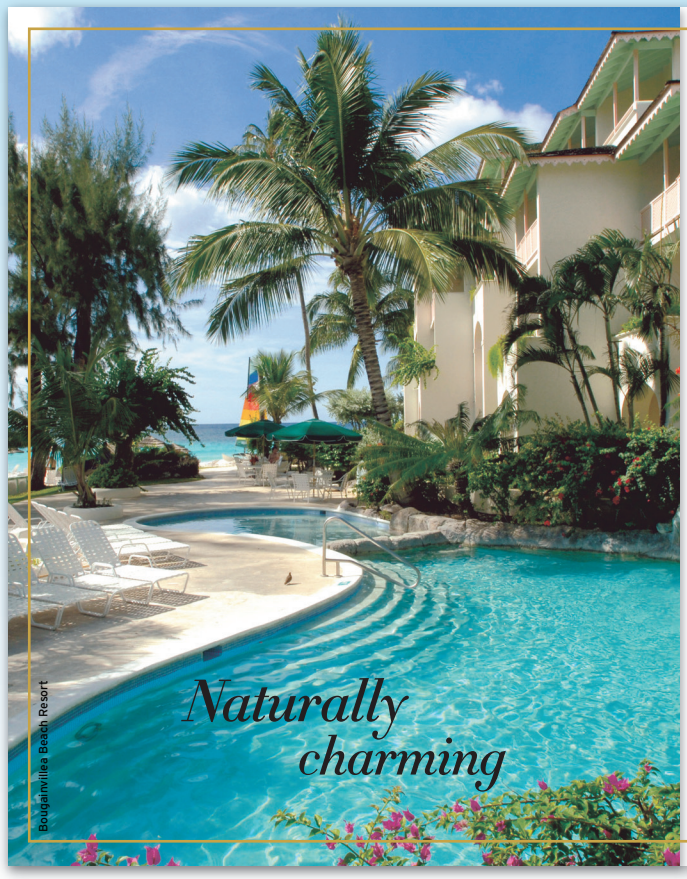

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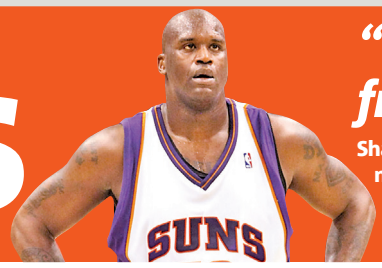
Quartet of Canucks up for NCAA honour
Four Canadians — Sarah Vaillancourt, Meghan Agosta, Rebecca Johnston and Jennifer Wakefield — were among finalists named yesterday for the Patty Kazmaier Award, which goes to the top female hockey player in U.S. college hockey. METRO NEWS SERVICES

Sports



"That's strong words coming from the RuPaul of big men."

Shaquille O'Neal to the Arizona Republic, responding to comments Chris Bosh made alleging that O'Neal benefited from referees ignoring his three-second violations in the lane during Friday's 133-113 Phoenix victory over Toronto. Shaq scored 45 points in the game. METRO NEWS SERVICES

EDITOR: JOHN.CHICK@METRONEWS.CA

Sports in brief

NHL The Atlanta Thrashers sent defenceman Niclas Havelid to the New Jersey Devils in exchange for defenceman Ansii Salmela and forward Myles Stoesz yesterday.

MLB Toronto Blue Jays closer B.J. Ryan became the latest player to pull out of the World Baseball Classic, further depleting Team USA's quality relievers. Ryan cited concerns about his mechanics and becomes the third relief pitcher in the last 24 hours to announce that he will miss at least the first round of the tournament. Minnesota's Joe Nathan pulled out Sunday.

NFL The Washington Redskins have released veteran defensive end Jason Taylor after he spent just one injury-plagued season in Washington. Taylor was acquired in a trade with Miami in exchange for Washington's second-round selection in 2009 and sixth-round pick in 2010 this past July after the 'Skins were decimated by injuries along the defensive line in training camp.

METRO NEWS SERVICES

SCOREBOARD

NHL

WESTERN CONFERENCE

	W	L	OT	P
d-San Jose	42	10	9	93
d-Detroit	41	14	8	90
d-Calgary	37	19	6	80
Chicago	35	17	9	79
VANCOUVER	32	22	8	72
Columbus	31	26	6	68
Edmonton	31	26	5	67
Anaheim	31	28	5	67
Nashville	31	28	4	67
Minnesota	30	26	5	65
Dallas	29	26	7	65
St. Louis	28	26	8	64
Los Angeles	26	27	9	61
Phoenix	27	31	5	59
Colorado	28	35	1	57

d-division leader

YESTERDAY'S RESULT
N.Y. Islanders 4 Colorado 2

NBA

EASTERN CONFERENCE

	W	L	PCT
d-Cleveland	47	12	.797
d-Boston	47	14	.770
d-Orlando	43	16	.729
Atlanta	34	26	.567
Miami	31	28	.525
Detroit	29	29	.500
Philadelphia	29	30	.492
Milwaukee	29	33	.468
Chicago	27	33	.450
New Jersey	26	33	.441
Indiana	26	36	.419
Charlotte	25	35	.417
New York	24	35	.407
Toronto	23	38	.377
Washington	14	46	.233

d-division leader

YESTERDAY'S RESULTS
Atlanta 98 Washington 89
Cleveland 107 Miami 100
New Orleans 98 Philadelphia 91
Oklahoma City 96 Dallas 87
San Antonio 106 L.A. Clippers 78

On the web
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He's been everywhere, man

'Suitcase' Sillinger no stranger to being moved on trade deadline day

PERRY LEFKO
for Metro Canada

New York Islanders' forward Mike Sillinger has played 18 years in the National Hockey League and has more than 1,000 games to his credit, but he is known mostly for the number of times he has been traded.

Sillinger, who has missed most of this season because of his second hip operation in two seasons, has played for an NHL record 12 teams.

He has been traded nine times — an NHL record he shares with Brent Ashton — including five times at deadline day.

Along the way he has been nicknamed Suitcase, something he's come to accept. "I just kind of chuckle about it," he said in a phone interview in advance of this year's trade deadline tomorrow.

"It's one of those things that I'm very proud to have played 18 years in the National Hockey League. It's been an honour and a privilege to play as long as I have. Pretty much call me what you want because there's a lot of people out there that would want to be in my shoes."

A first-round draft pick of Detroit in 1989 after a four-year junior career with the Regina Pats of the Western Hockey League, Sillinger experienced his first trade midway through the '94-95 season when dealt to Anaheim. Since then he has played with Vancouver, Philadelphia, Tampa, Florida, Ottawa, Columbus, Phoenix, St. Louis, Nashville and the Islanders.

In some cases, he happened to be traded from a non-playoff team to a playoff team, only to have it work out the wrong way.

"I've had a lot of first-round exits," he laughed.

Sillinger said there are pros and cons to being traded.

"Regardless of whether you're having a good year or a bad year, you have to be positive with it," he said.

"You can't sit there and hang your head. You have to look at it as a fresh start and a chance to move forward. It's a chance to say another team wants you.

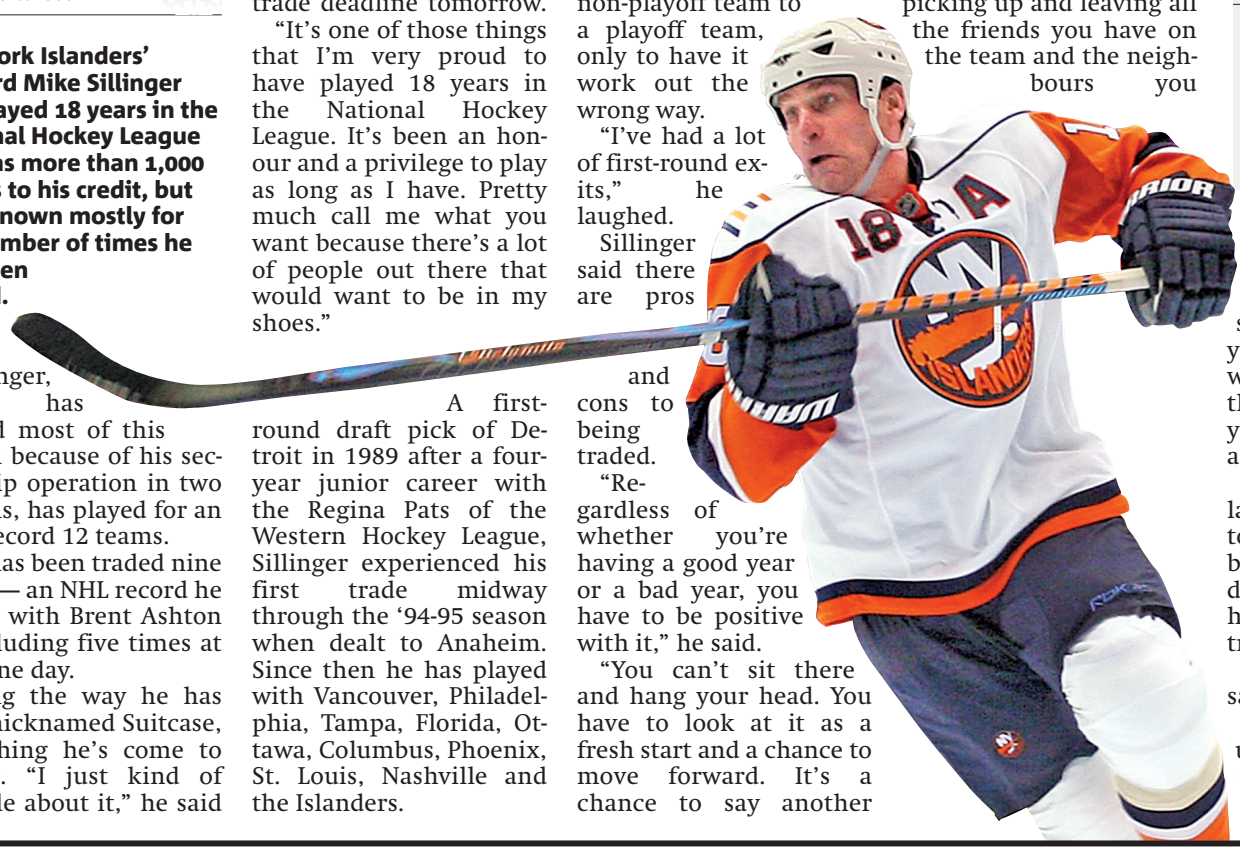
"The worst thing is just picking up and leaving all the friends you have on the team and the neighbours you meet. You just kind of pick up and leave your wife and kids behind.

"That's kind of the saddest thing because you're not quite sure when you're going to see them again. Eventually you'll hook up, but that all has to be planned."

He credits his wife, Karla, for keeping the family together — they have boys aged 11, 8 and 5 — during the numerous upheavals caused by the trades.

"It's a whirlwind," he said.

"I'm thankful for a very understanding wife. She's the calming person in the family."



By the numbers

9 Number of times Mike Sillinger has been traded

5 Number of times Sillinger has been traded on NHL trade deadline day

Canucks look to stay hot at home

Tonight

VS

7 p.m.
Sportsnet/TEAM 1040

The Canucks are looking to build on a five-game winning streak at GM Place against a squad they've handled very well thus far.

Vancouver is 3-0-1 against Minnesota this season, although the four games have been decided by a total of five goals.

The Wild have lost six of eight games entering play tonight, while Vancouver has won six of its last eight and ten of twelve since last facing the Wild.

PAYBACK: A Vancouver win would put nine points between the division rivals and further hurt Minnesota's playoff chances. A loss to the Wild in March of last season initiated the Canucks' late collapse that saw them lose eight of their final nine games en route to missing the post-season.

BORING, NOT SCORING: Wild games are anything but — Minnesota sports the fifth worst offense in the NHL, but only Boston has allowed fewer goals per game this season.

POINT MAN: Mattias Ohlund needs just two points to overtake both Jyrki Lumme and Dennis Kearns for the most career points by a Vancouver defenseman. METRO NEWS SERVICES

Two NFL players still missing

SEARCH The U.S. Coast Guard rescued one of four boaters yesterday missing in the Gulf of Mexico since Saturday and continued the search for two National Football League players and another man.

The rescued was identified as Nick Schuyler, 24, of Tampa, Fla. Still missing were Corey Smith, a defensive end who played last season with the Detroit Lions, linebacker Marquis Cooper, of the Oakland Raiders, and William Bleakley. Schuyler was found 55 kilometres off the Florida coast. REUTERS

James victor over Wade

NBA RESULTS

Cavaliers 107, Heat 100

LeBron James out-dueled Dwyane Wade and the Heat, logging a game-high 42 points and eight rebounds for Cleveland, as the Cavaliers erased an 11-point fourth-quarter deficit to down Miami 107-100.

James went 6-of-7 from three-point land and hit all 10 of his free throws en route to leading the Cavs to their eighth win in nine games. Mo Williams added 30 points, seven rebounds and seven assists, while Zydrunas Ilgauskas ended with 12 points and a game-high 15 rebounds for the victors, who overcame 20 turnovers by making 11-of-17 from behind the arc.

Wade filled the stat sheet with 41 points, nine assists, seven rebounds and seven steals, but also committed eight of Miami's 21 turnovers. Jermaine O'Neal and Jamario Moon had 16 and 11 points respectively for Miami. METRO NEWS SERVICES

LYNNE SLADKY/THE ASSOCIATED PRESS

LeBron James shoots over Miami's Udonis Haslem last night. James finished with 42 points to Dwyane Wade's 41, as the Cavs beat the Heat 107-100.

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Health & Beauty

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Get fit on the cheap

Opt for household items and inexpensive resistance tools, experts say

PATRICIA D'CUNHA
for Metro Canada

Riding the **Recession**

Dancing in the streets may be the frugal way to get a workout, given these tough economic times.

But luckily there are many other ways to stay in shape and maintain an active lifestyle without emptying the wallet.

"Getting active doesn't require a big investment of time or money," says Kelly Murumets, CEO and president of ParticipACTION, a non-profit organization that encourages healthy, active living among Canadians. "Simple activities, like doing errands on foot, walking your dog or taking the stairs, can make a big difference in your health."

Murumets says that walking is one of the cheapest and easiest ways to stay active, whether it is walking to work, the grocery store, the subway, or up and down the stairs. "You don't need a budget to get active — you just need to get moving," she said.

She says there are simple things people can do to stay active on a budget, such as dancing in the living room, doing yoga, playing soccer with family and friends, lifting loads of laundry, tobogganing, shoveling snow or even cleaning the house, to name a few.

Cardio activities are not the only things needed to stay in shape — core muscles groups also need to be worked, and going to a gym is not the only way to increase strength. "You [don't] need to spend a lot of money on fancy gadgets or the latest technology to keep it interesting. There are many household items you can use to make sure you keep moving," says trainer Ivy Lim, owner of iPower Train Fitness. She suggests using a countertop, a bench or two chairs to do triceps work, or taking two large cans from the pantry and trying bicep curls.

There are also some simple and inexpensive things you can buy to help with working those core groups. Lim recommends tubing or exercise bands as resistant tools. "They come in different lengths and tension, so you can use them for all your major muscle groups," she says, as well as a stability ball, which can be used for abs, legs and arms.

If you despise exercising solo, there is a solution to make staying active more fun. Lim says to find a power-walking pal or a running/walking/sporting team in your neighbourhood. "There are now a lot of bootcamp programs with various price ranges — it doesn't tie you in to a year-long membership," she adds.

The essentials

Kelly Murumets, CEO and President of ParticipACTION, recommends these inexpensive exercise tools and gear:

- *Endurance*: invest in running shoes for walks, runs and bike rides.
- *Flexibility:* yoga mat and favourite music to dance or stretch to.
- *Strengthening:* light weights, dumbbells, medicine ball and surgical tubing.

PATRICIA D'CUNHA/ FOR METRO NEWS CANADA

Trainer Ivy Lim, owner of iPower Train Fitness, demonstrates a bicep curl using a resistance band.

Online dating during hard times

The J Spot

Josey Vogels

Sex talk with Josey

We're all looking to get the best "bang for our buck" these days, but when it comes to online dating, the phrase takes on an even more literal (if slightly crass) meaning.

Single folks, it seems, are flocking to online dating sites and services. Match.com says business is up 40 per cent, plentyoffish.com has seen a 77 per cent increase in traffic, speeddate.com traffic is up 60 per cent, the list goes on.

The reasons for the spike make sense: Unemployed people have more time on their hands, online dating is relatively inexpensive (a $30 membership to meet a bunch of duds, rather than wasting a $100 dinner on one dud), during hard times we focus on what really matters in life and we seek the comfort of relationships to get us through the depressing and scary bits.

But, just because it's cheap, doesn't mean you're always getting the best value. Jill Ryan runs Romantic Recruiter, a service that helps people get the most out of their online dating experience. Yes, it'll cost you (go to romanticrecruiter.com for fees) but today Ryan is doling out some free advice:

J: How can you get the most value for your online dating buck?

RR: Going with whichever site jammed your inbox with the most junk mail can hurt more than help.

Remember that everyone's dating experience is unique. Just because one site works for your friend or co-worker doesn't mean it will work for you.

Investigate sites before signing up and handing over your credit card information. Check the site's refund and payment policy (some have auto-renewal and you won't know it until it happens unless you read carefully!) as well as online reviews for success and horror stories.

J: Do free sites work?

RR: Not likely. Free accounts on dating web sites usually allow you to see your matches but won't allow you to contact them without paying. Paid memberd can contact non-paying members, but many free sites will automatically delete personal information like e-mail addresses or telephone numbers to prevent customers from making a "match" outside the site.

J: Any other words of caution?

RR: No site can offer 100 per cent protection — it's ultimately up to you to keep yourself safe. But find out whether the site has a "complaints" department, just in case.

Common sense goes a long way. Never send money to anyone who solicits through e-mails. Never exchange personal information you would not feel comfortable discussing with a colleague. That freedom comes much later in the communication process after you exchange personal e-mail addresses.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

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Bateman Up In The Air

Arrested Development star Jason Bateman and Juno director Jason Reitman are teaming up for the new movie, Up In The Air. Bateman will play the boss of George Clooney's character, a corporate downsizer who becomes obsessed with collecting a million frequent flier miles. **EMPIREONLINE.COM**

Entertainment

Pitt perfect

U2 wants Brad Pitt to star in a movie about their lives. Guitarist The Edge thinks the Hollywood hunk would be the perfect person to portray him in a film about the Irish group. FEMALEFIRST.CO.UK

EDITOR: DEAN.LISK@METRONEWS.CA

U2 not afraid to cross the line

BRYAN BORZYKOWSKI
for Metro Canada

When Bono told Rolling Stone in January that U2's new album, No Line On the Horizon, "tapped into our interest in electronic music" you could almost hear millions of fans nervously grinding their teeth. After all, the last time the group jumped headfirst into electronica they produced Zooropa and Pop, two albums that many followers would like to forget.

While a lot of people hoped Bono was kidding, now that the album's out, they can hear firsthand that he wasn't. To put it simply, picture what Pop would sound like if it mated with How to Dismantle an Atomic Bomb — there are giant riff rockers on the single Get on Your Boots, and some very un-U2-like electro synth during the intro of Magnificent.

If the band's past is any indication, there's no doubt plenty of fans will be turned off by the group's experimental tendencies. Although people flocked to the keyboard-heavy Achtung Baby, U2's supporters scratched their heads at Zooropa and pretty much abandoned the group when they released the middling Pop.

It took a return to their sweeping Joshua Tree-like melodies with All That You Can't Leave Behind in 2000 to bring back the masses, eventually allowing the foursome to reclaim their "best band in the world" status.

Will things be different this time? Only time will tell, but let's hope for U2's sake that they don't.

If anything, Bono, The Edge, Larry Mullen Jr. and Adam Clayton should be embraced for pushing their musical boundaries. Sure, it's not a complete makeover, Edge's trademark delay guitar is here, so is Bono's passionate, over-the-top crooning, but at least they're finally smart enough to realize that while a classic sounding album will sell 10 million copies, that's worthless if they can't keep themselves creatively inspired.

Imagine for a minute if U2's fans stayed on the bandwagon during the '90s. The group might not have produced Elevation or Vertigo; rather they'd be on the cutting edge of experimental music, possibly even mentioned in the same breath as Radiohead.

Yeah, that's likely a stretch, but if their admirers had allowed them to keep reinventing themselves they'd be a far more intriguing band.

So, U2 might have been set back a couple decades, but it's time to let the band do what they want. The group will be that much better if they're free to experiment.

However, just because they're feeling adventurous here, doesn't mean we should let them off the hook if their tunes are terrible. Go nuts, throw in a theremin solo or some minimalist ambient tones on your next disc — the only thing U2 owes to their fans is that whatever they're going to do, they do it well.

U2's Adam Clayton, left, The Edge, Bono and Larry Mullen, Jr. GETTY IMAGES

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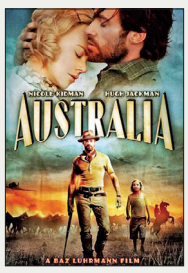
Knightley joins sci-fi thriller
The sci-fi's the limit for Keira Knightley. The erstwhile English rose is ditching the period garb and going futuristic, signing on to star in the cloning-themed thriller Never Let Me Go. EONLINE.COM

DVD picks

Australia
Director: Baz Luhrmann



ACCUSING BAZ
Luhrmann of audacity is a bit like telling a shark it has very sharp teeth.

It's the Aussie director's stock in trade, wherein movie genres, legendary characters and time itself are bent to the whims of his fevered visions.

Australia, which strikes real sparks between Nicole Kidman and Hugh Jackman, is both more and less of the same. At once sprawling and intimate, melodramatic and comic, magnificent and utterly bonkers, it bears entertaining witness to Luhrmann's love of old movies and his Down Under homeland.

With a bladder-testing running time of close to three hours, it's also the first of his films to look as though it almost escaped his grasp, falling prey to some of its own excesses.

Not many directors would have the brass to marry a cattle-driving western with a World War II romance, with side trips to social commentary about cultural engineering and the symbolic significance of The Wizard of Oz.

Not many would want to. Characters fly across the screen, barely giving us time to know them, while a text intro confusingly speaks of Pearl Harbor in 1941 before settling upon the pre-war of summer 1939. We must also negotiate the voiceover narration of young Aboriginal lad Nullah, played by newcomer Brandon Walters.

By the time the Japanese aircraft are strafing Darwin in all their CGI glory, recreating an actual event in history, you may feel as if you're under fire, too.

There's not much in the way of extras — a couple of deleted scenes, and a few featurettes on the Bluray. TORSTAR NEWS SERVICE

Teen drama, for Real

Kids stretched to the max in new TV show

RAFAEL BRUSILOW
for Metro Canada

High-octane fun and fear-defying challenges are all in a day's work for the adventurous tweens on In Real Life, Canada's newest reality show.

Hosted by young Canadian comic Sabrina Jalees, the show puts kids from across Canada between the ages of 12 and 14 into the driver's seat of a whirlwind competition where each week they have to conquer an exciting "real life" challenge that tests their mettle. With challenges strategically set across all of North America, it's like an Amazing Race for bright, resourceful kids.

The first two episodes have contestants racing cars and wrestling with alligators while later episodes have kids jumping out of a helicopter into a river and doing barrel rolls in a Russian fighter jet. It's all safe and carefully monitored by support staff of course, but still no small feat for a group of young teens who've hardly been away from home in their lives.

For 14-year-old Ruby-Rae Rogawski from Fort Langley, B.C., being on the show was a life-changing adventure.

"It was so amazing, just the things we got to do and the experiences we got to have. I had a blast," she said.

Rogawski says the experience of doing unique challenges and dealing with setbacks taught her a lot about herself.

"I think I've just learned to live with myself and realize that even though some things are going to go wrong it's all about picking yourself up afterwards," Rogawski said.

Jaicyea Smith, 14, from Toronto found the best part of the show was trying out different jobs, no matter how wacky or difficult.

"I learned so much. You get to experiment with different career options and it'll definitely guide me in what I decide to do," Smith said.

Kids weren't told who they'd be paired up with before the show began and some pairs clashed right out of the gate. Teamwork was a big factor and those teams which learned to work together found greater success, Jalees said.

Seeing the kids conquer challenge after challenge was inspiring for Jalees and demonstrated just how determined they were.

"They were doing challenges that were things kids have probably never done. I think a lot of the kids really grew up and became more confident," she said.

In Real Life host Sabrina Jalees.

Show time
- In Real Life premieres tomorrow at 7 p.m. ET/PT on YTV.

Trouble brewing on Silverman show

TV The economic downturn is jeopardizing The Sarah Silverman Program, one of Comedy Central's signature series. The show's creators — Silverman, Dan Harmon and Rob Schrab — have threatened to quit after the cable network told them the budget for their series would be slashed by more than 20 per cent.

REUTERS

GlobalStyle
Kenya Hunt

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	251	308	3 CBC	Coronation St.	Jeopardy! (N)	Rick Mercer	22 Minutes	Wild Roses (N) (CC) (DVS)		CBC News: The National (N)		(:05) The Hour
	255	358	6 JOY	E! News	The Insider	The Biggest Loser (N) (CC)				Ruby (CC)	Kimora: Fab	News (N)
	254	-	8 M	Two/Half Men	Two/Half Men	Omni News: Mandarin Edition		News: Cantonese Edition		Omni News: Punjabi Edition		Metropia
	250	321	9 CTV	etalk (CC)	Hollywood	American Idol Semifinalists perform. (Same-day Tape) (CC)				Law & Order: SVU		News (N)
	-	-	10 OMNI	The Daily	Frasier (CC)	Islam 101 (CC)		Poltergeist: The Legacy		Scrubs (CC)	The Search	New Day
	252	336	11 GTV	Entertainment	ET Canada	NCIS "Capitol Offense" (CC)		90210 (CC)		Project Runway Canada		News (N)
	256	389	12 VI	Instant Star	TMZ (N) (CC)	Reaper (Season Premiere) (N)		Law & Order (CC)		(:01) Without a Trace (CC)		News (CC)
	253	359	13 CITY	Law & Order: SVU		Privileged (CC)		Scrubs (CC)	Scrubs (CC)	The Bachelor (N) (CC)		The List
	-	-	14 CW	Deal-No Deal	Deal-No Deal	Reaper (Season Premiere) (N)		90210 (CC)		Seinfeld	Seinfeld	Frasier (CC)
	289	381	15 CBS	Entertainment	The Insider	NCIS "Capitol Offense" (CC)		The Mentalist (CC)		(:01) Without a Trace (CC)		News (N)
	287	379	16 NBC	Evening Mag.	Inside Edition	The Biggest Loser (N) (CC)				Law & Order: SVU		News (N)
	602	568	19 W	Will & Grace	Friends (CC)	How to Look Good Naked		Style by Jury	Style by Jury	How to Look Good Naked		Maxed Out
	288	380	21 ABC	Wheel-Fortune	Jeopardy! (N)	Homeland Security USA (N)		Scrubs (CC)	Scrubs (CC)	The Bachelor (N) (CC)		KOMO 4 News
	-	-	23 KVOS	M*A*S*H	Seinfeld	Great Balls of Fire! ★★★ (1989, Biography) Dennis Quaid.				King	Still Standing	Scrubs (CC)
	291	383	27 PBS	Tough Times-Financial Crisis		Great Scenic Railway Journeys			Great Scenic Railway Journeys			Change Your
	290	382	28 FOX	Two/Half Men	Two/Half Men	American Idol Semifinalists perform. (Same-day Tape) (CC)				News (N) (CC)		Family Guy
	-	364	43 PBS	Daniel Pink: Living on the Right Side			Change Your Brain, Change Your Life (CC)				Play Piano in a Flash (CC)	
	296	654	34 SBK	Frasier (CC)	Frasier (CC)	Punk'd (CC)	South Park	Cheers (CC)	Half & Half	The Insider	Entertainment	Eliminate Debt
	298	653	35 TLA	Two/Half Men	Two/Half Men	Reaper (Season Premiere) (N)		90210 (CC)		KTLA Prime News (N) (CC)		Friends (CC)
	295	651	36 WGN	WGN News at Nine (N) (CC)		Family Guy	Two/Half Men	According-Jim	Sex and-City	Friends (CC)	Friends (CC)	My Wife-Kids
	297	652	37 WPX	PIX News at Ten Tong. (N)		Two/Half Men	Friends (CC)	Sex and-City	According-Jim	Frasier (CC)	Frasier (CC)	Odd Couple
	199	311	76 STR	News (N)	News		Late Show-Letterman		(:37) The Biggest Loser (CC)			Seinfeld
news	502	390	29 NW	Everybody Has a Soul (N)		CBC News: The National (N)		CBC News: The National		Everybody Has a Soul (CC)		National
	500	500	33 CNN	Anderson Cooper 360 (CC)				Larry King Live		Anderson Cooper 360 (CC)		Cooper 360
sports	407	419	22 RSP	NHL Hockey Minnesota Wild at Vancouver Canucks. (Subject to Blackout)					Sportsnet	Sportsnet Connected		Sportsnet
	400	400	30 TSN	SportsCentre (Live) (CC)			In This Corner	Boxing Andre Berto vs. Luis Collazo. (CC)		UEFA Weekly		SportsCentre
	411	457	49 OLN	Bounty Hunter	Bounty Hunter	Survivorman (CC)		Mantracker (CC)		Bounty Hunter	Bounty Hunter	Survivorman
	410	403	54 SCR	Score Tonight		Hardcore Hockey Talk		Poker 888.com UK Open.		Final Score	Final Score	Final Score
	417	406	55 SC	Hot Import	Hot Import	Pimp My Ride	Pass Time	Low Life	Low Life	Super Bikes!	Super Bikes!	Hot Import
	416	409	144 GLF	Fútbol Italiano		Gol TV News	Hallo Bundesliga		Gol TV News	Paid Program	Gol TV News	Gol TV News
family	552	543	25 YTV	Adrenaline	Prank Patrol	Malcolm-Mid.	Futurama	Prank Patrol	Prank Patrol	Falcon Beach (CC)		Mystery Hnt.
	555	545	50 TEL	Totally Spies	Total Drama	6TEEN (CC)	6TEEN (CC)	Futurama	American Dad	Chicken	American Dad	Moral Orel
	557	541	51 FAM	Wizards-Place	Han. Montana	The Suite Life	Latest Buzz	Wizards-Place	Life Derek	Ned's School	Cory in House	Zack & Cody
	553	546	56 TRE	Comfy Couch	Zigby	Max & Ruby	Babar (CC)	Backyard	Dora-Explorer	Go, Diego, Go!	Franklin	Comfy Couch
cable variety	268	354	5 KNO	Gardens	Recreat. Eden	Stephen Fry in America (N)		The Choir "Boys Don't Sing"		Soweto Strings (N) (CC)		
	575	583	20 CMT	Hope & Faith	Hope & Faith	Three Wishes (CC)		Home Imp.	Home Imp.	Reba (CC)	Reba (CC)	Hope & Faith
	570	580	24 MM	Degrassi: TNG	Instant Star	The Shift		Redemption	Redemption	Technical Diff.	Video on Trial	Video on Trial
	600	564	25 H&G	Colin & Justin's Home Heist		Holmes on Homes (CC)		Sarah's House	Design Inc.	Pure Design	Style	Colin-Justin
	615	520	31 A&E	Manhunters	Manhunters	Manhunters	Manhunters	The First 48 (CC)		The First 48 (CC)		Manhunters
	628	584	32 SPKE	DEA (N)		Real Vice	Real Vice	CSI: NY "Sweet 16" (CC)		Disorderly Conduct: Video		Videos
	521	560	34 TLC	Toddlers & Tiaras (N) (CC)		17 Kids-Count	17 Kids-Count	18 Kids-Count	17 Kids-Count	Toddlers & Tiaras (CC)		Kids by Dozen
	616	522	39 SHO	The Outer Limits "Mona Lisa"		Mutant X "Lit Fuse" (CC)		Testees (CC)	Trailer Park	The L Word (CC)		House (CC)
	620	523	40 BVO	Scotty Moore: Tribute to King		Law & Order "Open Season"		Without a Trace "Shattered"		Morvern Callar ★★★ (2002, Drama) (CC)		
	601	562	41 SLC	End of Leash	End of Leash	ET Canada	Matchmaker	Trinny and Susannah Undress		Trading Spouses		Biggest Loser
	520	505	42 DIS	Extreme Loggers (N)		Daily Planet (CC)		Destroyed	Time Warp	Extreme Loggers		How It's Made
	522	506	44 HIS	NCIS "The Good Samaritan"		Ultimate Engineering "Petra"		Crime Stories (CC)		NCIS "The Good Samaritan"		Sea Hunters
	627	528	45 SPC	Destination Truth (N) (CC)		Stargate SG-1 (CC)		Star Trek: Next Gener.		Star Trek: Voyager (CC)		Star Trek: Ent.
	294	650	47 TBS	The Office	The Office	Sex and-City	Sex and-City	Crocodile Dundee ★★★ (1986, Comedy) Paul Hogan. (CC)				Mars Attacks!
	619	525	48 TROP	Planet Soap	Big Screen	Family Guy	Seinfeld	Seinfeld	Raymond	Family Guy	Married... With	Seinfeld
	603	561	52 FN	Good Eats	Good Eats	Iron Chef America (CC)		Challenge "Fire & Ice" (CC)		The F Word (CC)		Good Eats
	626	547	57 COM	Air Farce	Just for Laughs (CC)		Corner Gas	The Simpsons	South Park	S. Silverman	Flt.-Conchords	Daily Show
	320	621	60 CEN	(6:30) Summer House (2008)		The Point (2006) Jonny Wagge. Premiere.			Bee Movie ★★ (2007) Renée Zellweger (CC)			Reign Ovr
	581	566	101 MTV	From G's to Gents (N)		MTV Live	After	The Girls of Hedsor Hall		From G's to Gents		MTV Live
	261	394	102 V	I Prophesy	Supernatural	Poltergeist: The Legacy		Escape From Wildcat Canyon (1998) Dennis Weaver. (CC)				Paid Program
	-	-	109 MUL	Eight Heroes	Mom's-Upset	Il Caffe		In Germany	Euromaxx	Schauplatz	Euro. Journal	Patrol World

critics' corner

Reaper
As season two opens, Sam (Bret Harrison) returns from his road trip with Sock and Ben (Tyler Labine, Rick Gonzalez) to confront a seething Andi (Missy Peregrym), who is furious over her boyfriend's unexplained absence. And just because Sam thinks the Devil (Ray Wise) is his father, that doesn't mean he gets a free pass on the job. He has a new assignment waiting in "Episode 201: Episode IV: A New Hope." 5 PM on WGN WPX, 8 PM on TLA CW VI

The Biggest Loser
Chef Rocco DiSpirito takes contestants to a restaurant, where they learn to make healthier choices when dining out. Later, the "losers" compete in a lively cook-off, preparing healthier versions of their favorite meals, with the winning team getting a meal specially prepared by Rocco as well as a chance to pick a fortune cookie with something valuable inside. The teams also compete to pack and load food kits for the hungry. 8 PM on JOY NBC

Age a factor in Brown-Rihanna fiasco: Mekhi

Chris Brown's friend Mekhi Phifer says no matter what happens between Brown and Rihanna, he told E! online he wishes "them both the best." He also added he thinks Brown's age, 19, was a big factor in what went down between the two singers. METRO NEWS SERVICES

Celebrity Buzz

Marley promo gone to the dogs

PEOPLE It's amazing the lengths some stars will go to promote a movie.

Jennifer Aniston and Owen Wilson appeared on Germen TV talk show Wetten Das to plug their hit dog movie Marley & Me. The show's host had some interesting canine-themed activities planned for the stars, including eating dog biscuits.

"They're a little dry," Aniston said, grimacing.

METRO NEWS SERVICES

Amy's back in the U.K.

PEOPLE Amy Winehouse is back in the U.K. — with an old hairstyle and a new life, people.com reports.

The singer, 25, arrived early Sunday, sporting her trademark beehive, which replaced the curly mop she had worn during her near three-month extended vacation on the Caribbean island of St Lucia.

And while the hair was back, she has a fresh start ahead of her. After arriving, Winehouse received a tour of her new home on the northern outskirts of London by her father Mitch, and they spent the afternoon watching a soccer game, the website reports.

"As she said when she got back, 'I love London more than anyone else,'" a source tells People. "She missed London. She's fine."

But there is also the issue of her marriage to sort out, as estranged husband Blake Fielder-Civil, who was freed from jail last week, moved toward divorce in January.

Winehouse has said she's determined not to let Fielder-Civil divorce her, but a source close to him vows to People that it will go forward. Her rep, Chris Goodman, has heard nothing official on the possible split. METRO NEWS SERVICES

Lindsay's death wish?

PEOPLE The people closest to Lindsay Lohan are apparently worried sick over recent alleged confessions by the starlet that she doesn't expect to live past her 30th birthday.

"She's said many times that she never wants to live too far past 30 because she doesn't want to get old and ugly," a Lohan friend tells Star magazine.

"She's always wanted to die young like her idol, Marilyn Monroe."

And what's worse, "Lindsay just doesn't seem to be bothered by the fact that she'll die," another friend tells the magazine.

METRO NEWS SERVICES

Beyoncé's messy habits

PEOPLE Beyoncé Knowles has revealed that she is constantly annoying her rapper husband Jay-Z, because of her mess she leaves lying around in their Manhattan apartment, femalefirst.co.uk reports.

"When I get home, I rebel against (looking put together) and I don't want to take care of anything. I drop it. I'm relaxed," she tells Ebony magazine. "I don't have any shoes on. No make-up. My purse is in the kitchen.

"I think that is most difficult thing for him. He's very, very organized."

METRO NEWS SERVICES

All in the Madden family

FAMILY They are twins who "share everything," but Benji Madden says he and his brother lead different lives, people.com reports.

Two weeks after Joel and Nicole Richie announced that they're expecting baby No. 2, the "single" twin says he's ready to be an uncle again, to "the best parents I've ever seen."

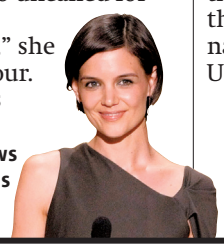
But he doesn't rule out being a father in the future: "I absolutely want kids when the time is right and I have the right partner."

METRO NEWS SERVICES

'Enough is enough': Katie on rumours

PEOPLE Katie Holmes is finally opening up about how some of the rumours about her life with husband Tom Cruise and their daughter, Suri, affected her.

"It was so uncalled for and so disgusting," she told Glamour. "Enough is enough."



METRO NEWS SERVICES

Madonna's payback

PEOPLE Madonna was turning heads over the weekend by parading 22-year-old Brazilian male model Jesus Luz around New York for romantic dates and a Kabbalah visit.

"She loves showing her ex that she can still get the youngest, hottest thing out there," a Madonna pal tells Us Weekly.

METRO NEWS SERVICES

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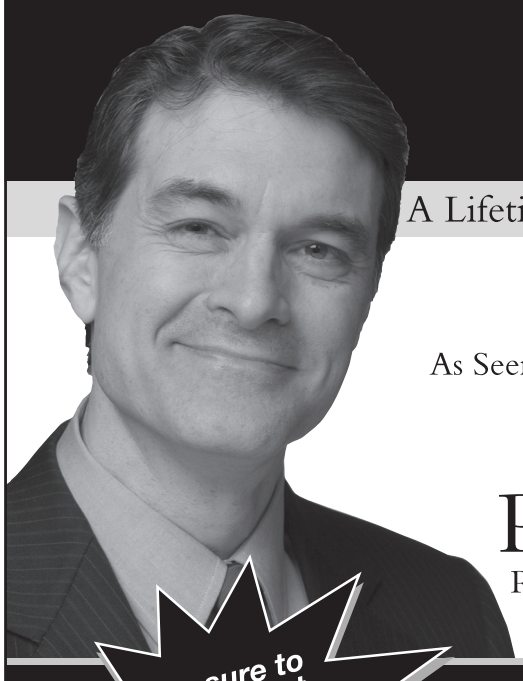

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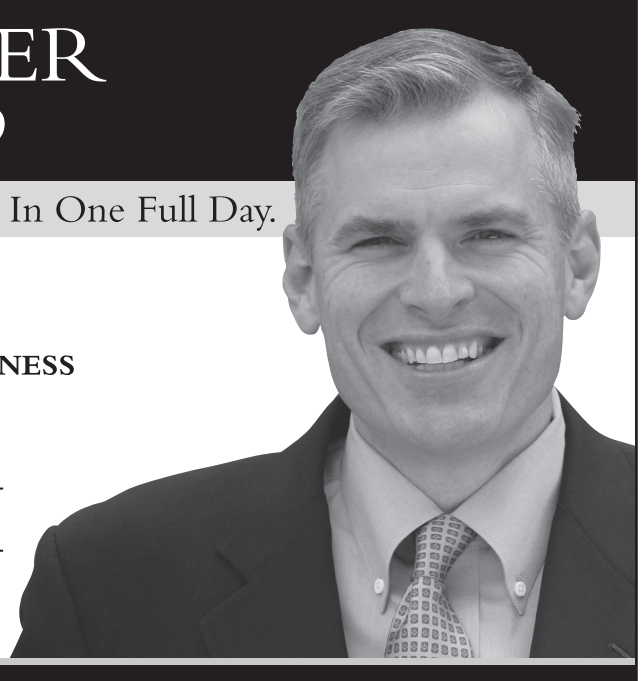

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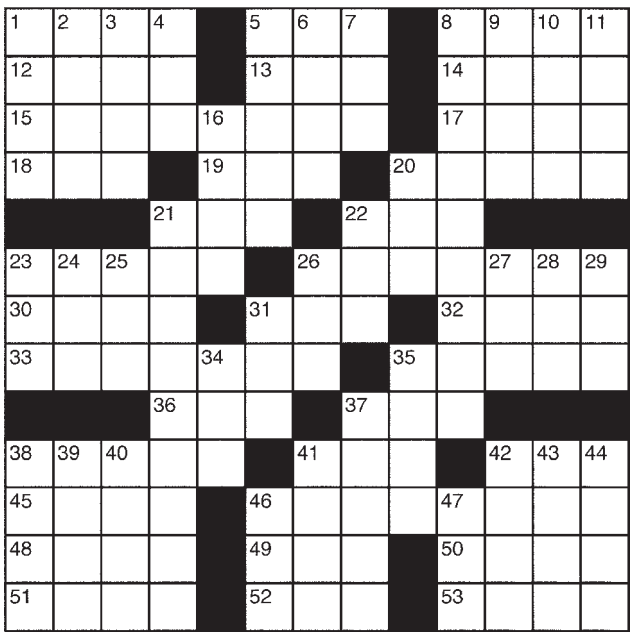
Take Five



Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

6			7		5			
9	2						5	7
	7			9		6		
	4		1	3				2
		2				1		
1				4	9		6	
		3		2			7	
7	1						4	8
			6		4			5

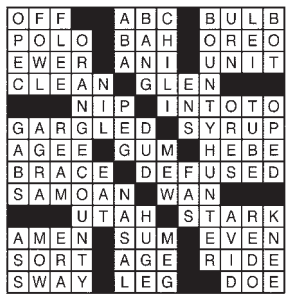
Crossword across

1 Harvest
5 Crafty
8 One of Henry VIII's Catherines
12 Shrek is one
13 Go like the wind
14 Hodgepodge
15 French fries, e.g.
17 Turnpike payment
18 Curvy letter
19 Sceptre
20 Relieve
21 Trench
22 Sticky stuff
23 Take ten
26 Baby food
30 Blueprint
31 The whole shooting match
32 Nevada city
33 Whodunit
35 Make pigtails
36 Sphere
37 Luau staple
38 O'Neill's specialty
41 Columnist Smith
42 Energy
45 Hindu royal
46 Grand view
48 Teensy bit
49 Superlative ending
50 Rainbow
51 Kelly or Rayburn
52 Personal question?
53 Prohibits

Crossword down

1 "Clue" weapon
2 Ids' counterparts
3 The "A" in "A&E"
4 Pod occupant
5 "Phooey!"
6 Told a big one
7 "Of course"
8 A little of everything, on "Jeopardy!"
9 Burn soother
10 Streamlet
11 Somersault
16 Silly Rabbit's desired cereal
20 Weep loudly
21 Marceau forte
22 Cowboy's sweetie
23 Spinning meas.
24 Tarzan portrayer Ron
25 Part of UNLV
26 Thickness
27 Meadow
28 Half of bi-
29 Chic, to Austin Powers
31 Wall St. wheeler-dealer
34 Mound stat
35 Long-popular clown
37 Mottled pony
38 Party pooper
39 Assess
40 In due time
41 Whip
42 Brazilian rubber
43 Eastern potentate
44 Just say no
46 Church seat
47 Eve, originally

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



3	7	2	6	9	4	5	1	8
5	9	6	1	8	7	4	3	2
4	1	8	2	5	3	7	9	6
2	5	3	7	6	1	8	4	9
9	4	1	3	2	8	6	5	7
8	6	7	9	4	5	1	2	3
7	3	9	4	1	6	2	8	5
1	2	5	8	7	9	3	6	4
6	8	4	5	3	2	9	7	1

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:
Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min .....Not bad
25+ min.....Keep practising

Metro Recipe of the Day

Sweet and Sour Vegetable with Tuna

INGREDIENTS:
2 6 1/3 oz (180 g) tuna steaks
2 tsp (20 ml) olive oil
freshly ground black pepper
100 ml vegetable stock
1/4 cup (50 ml) orange juice
2 tbsp (25 ml) red wine vinegar
2 tbsp (25 ml) dry sherry
1 tbsp (15 ml) soy sauce
1 tbsp (15 ml) tomato paste
1 garlic clove, finely chopped
1-in. (2.5-cm) piece fresh ginger, peeled and chopped
1 tbsp (15 ml) brown sugar
1 tbsp (15 ml) corn flour, mixed with 1 1/2 tbsp (20 ml) water
1 1/2 tbsp (20 ml) Canola oil
2 carrots, peeled and thinly sliced
2 red peppers, seeded and thinly sliced
20 snow peas, halved
fresh coriander leaves

METHOD:
1. Brush both sides of tuna steaks with olive oil, then sprinkle with freshly ground black pepper. Put steaks on plate and set aside while you prepare sauce and vegetables.
2. For sweet and sour sauce, pour vegetable stock, orange juice, red wine vinegar, sherry and soy sauce into small pot, then add tomato paste, garlic, ginger and sugar and stir to mix. Slowly bring liquid to boil, stirring often until sugar has dissolved, then simmer 2–3 minutes.
3. Stir corn flour paste into hot sauce and keep stirring continuously over low heat until sauce has thickened. Remove from heat.
4. Heat cast-iron grill pan or non-stick frying pan over a moderately high heat. Add tuna steaks and cook for 2-3 minutes per side until just tender.
5. Meanwhile, heat Canola oil in wok or large frying pan over moderate heat. Add carrots and stir-fry 30 seconds, then add peppers. Cook 1 minute, then toss in snow peas. Continue stir-frying 1-2 minutes, or until all vegetables are cooked but crunchy.
6. Pour in sweet and sour sauce, bring liquid to boil and toss everything together until vegetables are coated.
7. Use fork to flake the tuna into large, bite-sized pieces. Add tuna pieces to wok and toss all ingredients thoroughly. Serve while hot. If you like, garnish with some fresh coriander leaves.

SERVES 4

rd.ca
For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes

AVATAR VENUS

ARIES
MARCH 21-APRIL 20
A social butterfly will try to give you hope. Mercy is shown when you're passionate about justice. A friend has regrets about a tricky situation.

TAURUS
APRIL 21-MAY 21
A woman is crying out for a goofy relationship. A mushy person benefits from poignant memories. Emotions are floating to the surface.

GEMINI
MAY 22-JUNE 21
A loyal man calls off an outdoor adventure. A strange denial is revealed by a tempestuous woman. Be attentive at the bargaining table.

CANCER
JUNE 22-JULY 22
Agitation is produced by a temperamental freak. Helping a friend takes up time. You'll have a lot to think about all week.

LEO
JULY 23-AUG 23
Ill health will cause concern. Helpful people will advance your cause. A self-indulgent person is caught in the act of being a fake.

VIRGO
AUG 24-SEPT 22
A desperate person has a tantrum. Deep thoughts will start a family quarrel. A resentful troublemaker avoids commitments.

LIBRA
SEPT 23-OCT 23
A well-built person runs away from a losing battle. A woman is stamping out baseless rumours. Financial dealings with friends will need revision.

SCORPIO
OCT 24-NOV 22
Resist the temptation to feel sorry for a loser. A man makes light of a grim problem. Repairs should be made as soon as possible.

SAGITTARIUS
NOV 23-DEC 21
Someone vexes a buddy. You should develop a new socializing scheme. A funny prank could backfire in unimaginable ways.

CAPRICORN
DEC 22-JAN 20
Give a wake-up call to those who take advantage. A high achiever looks right through you. Beware the idle chatter of unwelcome visitors.

AQUARIUS
JAN 21-FEB 18
Somebody surprises you by making your life simpler. You won't be fooled by a charlatan. Romantic feelings continue to be distracting.

PISCES
FEB 19-MARCH 20
Unusual circumstances cause rifts in friendships. Remain alert and ready for action. Someone expects to be told what to do.

WORDY GURDY®

BY TRICKY RICKY KANE

Every answer is a rhyming pair of words (like FAT CAT and DOUBLE TROUBLE), and they will fit in the letter squares. The number after the definition tells you how many syllables in each word.

1. Everyone writes fast and illegibly (1)
2. Outscore Miami's NBA team (1)
3. Dirt-free headmaster (1)
4. Mallard-filled Mack vehicle (1)
5. Lessening the amount of "Ah-choo!"-ing (2)
6. In-shape-ness observer (2)
7. 4, 5, or 6 golf club on a football field (3)

ANSWERS
1. ALL SCRAWL 2. BEAT HEAT 3. CLEAN DEAN 4. DUCK TRUCK
5. EASING SNEEZING 6. FITNESS WITNESS 7. GRIDIRON MIDIRON

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